# **Trails**

Trail distances given are one way except for loop trails.

# **1** Tunnel Trail

### 0.4 mile → one-way → easy → hiking

The trail begins near the Main Overlook. Explore small tunnels and rock cliffs as you descend into the rhododenrons and through narrow passages in the rocks. **The steps on this trail can be slippery when wet**.

## 2 Castle Rock Trail

### 0.5 mile → one-way → difficult → hiking

The trail begins near the Main Overlook and connects with the Canyon Rim Trail. Discover beautiful rock formations, exposed coal seams, and views of the New River. Hikers can continue on the Canyon Rim Trail to Turkey Spur or return to the Main Overlook via the Canyon Rim Trail.

There are many stone steps, boulders, and a steep drop-off along this trail. Use caution and watch your footing. Children should not hike this trail alone.

# **3** Canyon Rim Trail

### 1.6 miles ⇒ one-way ⇒ easy ⇒ hiking

The trail begins near the Main Overlook and ends at the Turkey Spur Overlook. A connection may be made with the Castle Rock Trail. Enjoy scenic overlooks of the New River, rhododendron thickets, and a mature forest. A guided trail brochure is available.

# 4 Woodland Loop Trail

### 0.6 mile ⇒ loop ⇒ easy ⇒ hiking

The Woodland Loop Trail begins and ends near the parking area for Shelter #2. Watch for forest animals and enjoy the open woods.

# **5** Big Buck Trail

### 0.7 mile → loop → easy → hiking

This loop trail begins and ends at Shelter #2. Whitetail deer and other animals are frequently seen along this forested trail.

# **Overlooks**

#### Main Overlook

The view from the Main Overlook includes seven miles of the New River. The river, 1400 feet below, originates in the mountains of western North Carolina, and flows north to its confluence with the Gauley River to form the Kanawha River. The railroad tracks below are still active, and once served as the main line for the Chesapeake & Ohio Railway. The town of Quinnimont, and its railroad yard, are visible from the overlook.

#### North Overlook

The North Overlook can be reached via the Canyon Rim Trail, or by a short walk from the parking lot for Shelter #1. This overlook offers a view of the old Harrah place and the horseshoeshaped bend in the New River.

### **Turkey Spur Overlook**

Follow Turkey Spur Road about two miles to reach the Turkey Spur Overlook. This road is narrow and winding; large recreational vehicles or trailers are not recommended.

There are several views from the parking lot, but the best views are from the top. The upper overlooks are reached by climbing 150 wooden steps, and provide an excellent view of the tight bends and meanders of the New River.

# **Picnicking**

Alcoholic beverages are prohibited at Grandview.

Picnic tables are scattered throughout the Grandview area. Most are near rest rooms and playgrounds, and have parking nearby.

There are five picnic shelters at Grandview. Each has electricity, grills, and picnic tables. The shelters may be reserved by calling (304) 465-8064 (there is a charge for this reservation service).

# **New River Gorge**

National River
National Park Service
U.S. Department of the Interior



# Grandview Trails

New River Gorge National River offers more than fifty miles of trails. The trails vary from easy to difficult in terrain and distance. Check at park visitor centers for current trail information.

### **Trail Regulations**

- · Carry out all trash; no littering.
- Disturbing, destroying, or removing natural and cultural objects is prohibited.
- Pets must be restrained and leashed.
- Motorized vehicles, bicycles, and horses are not permitted on trails at Grandview.
- There is no camping in the Grandview area, and backpacking is not permitted.

#### **Safety First**

- Know the weather forecast and plan your hike accordingly.
- Lock valuables in the trunk of your car or take them with you.
- During spring and summer, check for ticks.
- Poison ivy is present in the park. Leaves of three, let it be.
- Two species of poisonous snakes are found in the park, the copperhead and timber rattlesnake. Watch where you put your hands and feet.



## New River Gorge National River

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